

Cox Health Fitness Centers  
The Meyer Center

# Warm Water Pool

March 8th—May 2nd

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 a.m.	Adult Open Swim		Adult Open Swim			<b>NEW!</b> *Joints in Motion	Adult Open Swim
8:30 a.m.		Adult Open Swim		Adult Open Swim		Continued...	Adult Open Swim
9:00 a.m.		<b>R</b>		<b>H</b>		<b>B</b>	
9:15 a.m.	Adult Open Swim	↓			Adult Open Swim until 10 a.m.	↓	*Level 1 Swim Lessons
10:45 a.m.	Adult Open Swim	↓	Adult Open Swim until 11 a.m.		<b>A</b>	↓	*10:00 a.m. Level 2 Swim Lessons
11:30 a.m.	Adult Open Swim	↓	<b>E</b>		↓	↓	Adult Open Swim
12:15 pm		↓	↓		↓	↓	
2:00 p.m.	Family Swim		↓		↓		Family Swim
4:00 p.m.	Family Swim	*Aqua Pilates		<b>NEW!</b> *3:45 p.m. Aqua Pilates		Adult Open Swim	Family Swim
5:00 p.m.	Family Swim	Adult Open Swim	Adult Open Swim	4:45pm *Level 2 Swim Lesson	Adult Open Swim	Adult Open Swim	Family Swim
5:30 p.m.	Family Swim	Adult Open Swim	Adult Open Swim	*Level 1 Swim Lesson	Adult Open Swim		Family Swim
6:00 p.m.	Family Swim—6:30						Family Swim until 6:30
6:30 p.m.		6:30-7:30 Family Swim	Adult Open Swim	*6:15 p.m. Water Babies	<b>NEW!</b> *Prenatal Water Aerobics	6:30-8:30pm Family Swim	
7:00 p.m.		Adult Open Swim	Adult Open Swim	*Water Tots	Adult Open Swim	Family Swim Cont.	

\*All paid classes require registration and are offered to CFC members and non-members. Each class has a minimum requirement of eight participants. \*\* These classes need registration.

\***Aqua Pilates**— This class is based on land Pilates exercises and muscle strengthening designed for the pool.

\***Prenatal Water Aerobics** (1 hour) – Class designed especially for expectant mothers. Includes cardiovascular endurance with basic toning and stretching. Safe for you and your baby! A physician's consent is required before participating in this program. 1/2 in lap pool, 1/2 in warm water pool.

**NEW!**

\***Joints in Motion** - This is a slow moving class that will help you with flexibility, balance, and joint range of motion.

**Water Babies** (30 minutes) – Swimming lessons for children ages 6–18 months. Introduces familiarity in the water and interaction with other children. \*\*One parent must accompany the child in the water.

**Water Tots** (30 minutes) \*\*One parent must accompany the child in the water.– Swimming lessons for children ages 19 months-3 years. Focuses on independence in the water, basic swimming skills and pool safety.

**Level 1 Swim Lessons** (30 minutes) – Introduces independence in the water, buoyancy, breathing and motion. Educates children on water safety and pool rules.

**Level 2 Swim Lessons** (30 minutes) – Helps children develop basic stroke, buoyancy and lifesaving skills.

**Level 3 Swim Lessons** (30 minutes in lap pool) – Helps refine basic strokes and introduces advanced strokes.

**Level 4 Swim Lessons** (30 minutes in lap pool) – This class provides children with the skills to refine previously learned strokes and introduce competitive stroke and swimming for fitness.

**Private Swim Lessons** (30 minutes)

Designed for those who want individual attention or for families with busy schedules. Goals will be established for each individual. Available to members and non-members, ages 18 months up to adults. Please check with the front desk or call 269-3292 for rates and appointment times.

**Adult Open Swim** – Any member of the facility 12 years of age and older may use the pool for general exercise. Lifeguard is not on duty and two lap lanes remain in place.

**Lap Swim** – All six lanes are available for lap swimming or water walking.

**Family Open Swim** – All families are welcome to use the pool. Children under the age of 12 must be directly supervised by parent. A lifeguard is on duty, but parents with children under 7 years of age must be *in* the pool providing close supervision with the children at all times.

